

## **ATTACHMENT C**

### **Guidelines for Allowable Team Nutrition Sub-Grant Expenditures**

#### **Food Cost**

Team Nutrition funds may be used to pay for food if the food is part of a specific educational activity. For example, conducting a classroom taste test of specific fruits or vegetables, or demonstrating the making of simple, healthy snacks, is a reasonable request. The use of the food must be related to nutrition education activities specified under objectives of the mini-grant proposal or work plan. Team Nutrition funds should not be used to purchase a meal for anyone.

#### **Food and Nutrition Equipment**

Team Nutrition funds may **not** be used to purchase food service operation equipment, such as salad bar equipment, refrigerators, food processors, etc. However, small mobile kitchen equipment to be used for classroom food preparation demonstration or hands-on food experiences may be permissible **if** such activities are part of the integrated nutrition education lessons specified under the objectives of the proposed mini-grants. Teachers' commitment to teach nutrition in the classroom and share the use of the purchased mobile kitchen equipment among other teachers within the same school building, if applicable, should be clearly indicated in the mini-grant proposal. A total expenditure of food and nutrition-related equipment purchases should not exceed 10% of the total mini-grant awarded.

#### **Medical Equipment**

Team Nutrition funds may **not** be used to purchase medical equipment or health services related to health assessments such as obtaining clinical data on nutritional status, chronic disease or chronic disease risk assessment. Therefore, measurement of height, weight, skin fold thickness, blood pressure, cholesterol, and blood glucose and iron level are not allowable costs under the mini-grant. Although the Body Mass Index (BMI) concept may still be part of the nutrition education component for the age-appropriate students, obtaining the height and weight status should come from the school nurses' office, students' health care provider or the individual student's knowledge.

#### **Physical Activity**

Eating healthy and being physically active are desired behavioral outcomes of Team Nutrition. States are encouraged to coordinate with community, youth and recreational organizations, and others whose primary mission is to make regular opportunities for physical activity accessible to students. Educational and program materials developed with TN funds to promote and reinforce physical activity for all target audiences must include messages that link nutrition and physical activity, such as "balance your day with food and play" (Eat Smart. Play Hard.™). While it might be permissible to use mini-grant funds to purchase posters, pamphlets, audiovisuals, and small, consumable supplies such as a few classroom jump ropes or hoola hoops to help teachers promote lifelong physical activity habits as part of a classroom nutrition education activity, Team Nutrition funds are **not** intended to purchase pedometers or award pins for everyone, or to subsidize the regular physical education programs in the school. The costs associated with physical activities should not significantly detract from funds for promoting healthy eating.

Team Nutrition funds may **not** be used to purchase playground equipment, exercise or sports equipment, sports lessons (swimming, skating, etc.) or to pay for the services of a for-profit physical fitness organization. Students should not be given the message that they must belong to a health club in order to be physically active. Schools are encouraged to look to other funding sources for physical activity such as forming partnerships with local nonprofit organizations such as the YMCA, YWCA, Sierra Club and others in providing the kind of

## **Attachment C, Continued**

resources that might continue to supplement this type of activity when the Team Nutrition grant dollars are no longer available at the schools.

### **Promotional/Incentive Items**

The purpose of the Team Nutrition Grants is to promote Team Nutrition messages, not Team Nutrition itself. Any promotional items or incentives should promote one or more of the Team Nutrition messages or refer the target audience to a web site that provides Team Nutrition messages. Any cost associated with such promotions or incentives must be reasonable in comparison to the mini-grant funding.

**School Wellness Coordinator:** For the purpose of the grant project, funds can be allocated to support a school wellness coordinator (part time, full time or contractor). Monthly time sheets or a log of hours and a brief description of work activities or work plan should be kept on file. The school district should make a good faith effort to ensure that the funds are used to direct the implementation or evaluation process of the school wellness policy plan.

### **Staff Development and/or Substitute Pay**

If adequate funding is available and acceptable to the state agency, Team Nutrition funds may be used to hire a substitute for the teacher, school administrator, or school food service staff representative to attend trainings, participate in planning sessions or other avenues for staff development in nutrition education. For accounting purposes, a record of who attended the session, how long it lasted, and the purpose of the session is required.

### **Gardening**

It is recognized that some of the Team Nutrition materials promote activities related to gardening and gardening which is an excellent way to involve the entire school, parents, and the community in a Team Nutrition activity. If the plans submitted by the mini-grant recipient(s) specify a gardening activity, Team Nutrition funds may be used to purchase a reasonable amount of supplies (e.g., seeds, potting soil and starter pots) for classroom gardening projects or even a few shovels and hoes for a school gardening project. Funds may not be used to purchase bulk soils such as topsoil, irrigation supplies, fencing or any type of large equipment such as a tiller or greenhouse.

Schools are encouraged to partner with local gardening supply sources for creating sustainability of the gardening project after the TN Training Grant period. Schools may also contact their local Cooperative Extension office to see if there is a Master Gardeners' program that can assist with the gardening project.

### **Summary**

There is limited funding to accomplish Team Nutrition's important goal of improving children's lifelong eating and physical activity habits. State agencies will want to ensure that the best use of the limited funding is achieved. In approving mini-grant requests, a positive answer should always be sought to the following questions:

1. Is the cost applicable to my grant and the mini-grant's objectives?
2. Is the cost allowable according to program cost principles?
3. Is the cost reasonable?